

CAN OF SALMON.

Many Dainty Dishes Can Be Made With It.

Buffalo Express.

Salmon is always a satisfactory fish to serve and the canned article may be made to form the basis of many nice dishes, says Table Talk. As a stand-by in an emergency such appetizing little dishes can be managed in a few minutes for an occasion that free luncheon participants can thank the gods for canned salmon.

Remove the contents of the can as soon as opened. Allow the salmon to remain in an open dish for some hours before using. By this practice the disagreeable taste of tin and solder, as well as the close, airless odor imparted by hermetical sealing, will be dissipated. Always drain all the oil from the dish, as it imparts a rancid taste.

An exceedingly delicious course for a dinner or luncheon is salmon grilled as delicately as a bit of toast served with a sauce of mayonnaise and a potato soufflé; or, if time is limited, minced potatoes. Make the sauce first by making a stiff mayonnaise with half a teaspoonful of mustard and salt, a pinch of cayenne, the yolk of an egg, half a gill of olive oil and two tablespoonfuls of lemon juice. Chill this by placing in a cold place and just before serving add one teaspoonful of each of finely minced capers and parsley, one teaspoonful of chopped pickled gherkins and two tablespoonfuls of thick tomato sauce, well chilled. Tender nasturtium pods may be substituted with excellent success in place of capers. Having divided the salmon into large flakes and removed the bones, broil it over a clear fire, on a fine wire broiler. It may be served in little curled leaves of lettuce laid on a platter, or simply on a pretty dish with a garnish of parsley.

Salmon croquettes are always relished. Press a can of salmon from skin and bones and minced it fine. Heat a half gill of milk, and add a tablespoonful of butter and two tablespoonfuls of fine bread crumbs; cover closely and when the bread is thoroughly moistened add to the salmon with three eggs. Mix well together and then stir in a teaspoonful of salt, half as much pepper, a teaspoonful of chopped parsley, the juice of a lemon and a tablespoonful of onion juice. Mix well together, form into small oblong or pear-shaped croquettes, roll in cracker dust and set away for an hour or so. When ready to cook, roll in beaten egg, then cracker dust, place in a frying basket and plunge into hot lard. When brown and crisp, drain a moment, place on blotting paper to absorb the grease, when served on a dish covered by a snowy doily or each croquette to be placed into a little shell made of a lettuce leaf. A garnish of crisp parsley and cut lemon finishes the dish. A cucumber and a little lettuce with this dish when that vegetable is in season.

Another excellent croquette is made of rice and salmon. Cook one fourth of a pound of rice in one quart of water until it is tender, then add a little salt and two ounces of butter and steam till quite dry and soft. When cool enough, form into balls, hollow out the center and fill with minced salmon, prepared as above. A few oysters may also be introduced. Cover the mince well with rice, roll the ball in egg and cracker crumbs and fry brown. Serve with a well-made tomato sauce.

Salmon soups is most delicate—more so than croquettes—and should be frequently served. Chop as fine as possible a can of salmon with a little onion and a little parsley. Mix a tablespoonful of each of flour and butter in a saucepan. When melted add a gill of sweet cream and the beaten yolks of three eggs. Allow to cook a little, add salt and a pinch of cayenne, then stir in the fish and the whites of the eggs beaten to a stiff snow. Pour at once into a buttered soufflé pan and bake in a brisk oven for 25 minutes. It will puff up and be very light, but must be served at once or it will fall.

Darioles of salmon also are dainty. Chop a can of salmon fine, add four whole eggs, slowly beaten, the mixture then pour in half a gill of thick, sweet cream, season with salt, pepper and a tablespoonful of lemon juice, and turn into buttered dariole molds, having them about two thirds full. These molds are small, straight-edged cylinders. Set them in a pan of cold water, cover with a piece of buttered paper and place in a cool oven, bake until the outside are firm. Turn them out of the mold, and place upright on a platter, stick asprig of parsley on the top of each and garnish the dish with parsley. Serve with a true sauce. Creamed salmon with potatoes is a very pretty and appetizing dish. Cut the fish into dice, using a very sharp knife, so the pieces will retain their shape. Reject all bits of skin and bones. Put two large tablespoonfuls of butter in a saucepan, and one tablespoonful of flour, stir until well blended, but do not allow to acquire a bit of color. When it begins to froth, add a pint of rich milk or cream, a saltspoonful of salt, half as much white pepper, a dozen mushrooms cut small, and a tablespoonful of lemon juice. Keep stirring until the mixture boils, then add the fish. So soon as this is thoroughly hot, remove from the fire. Boil and mash some potatoes, add to a pint of potatoes a saltspoonful of salt, a large tablespoonful of butter and a gill of milk. Beat until smooth and add the white, then shape into a border on a round platter, the center hollow. Flute with the round handle of a knife, and touch the top of the "frill"—just a narrow line with the white of an egg, and before it dries scatter with finely chopped parsley. This makes a pretty green rim. Pour the salmon in the center and serve.

Rechauffe of salmon usually is served in little shells or boxes which come in various forms. Separate the fish into flakes, using one can, beat two eggs, add four tablespoonfuls of cream. Froth a dessertspoonful of flour with a tablespoonful of butter, and add the milk and eggs. When it forms a smooth sauce, add a saltspoonful of each of anchovy sauce and lemon juice, a saltspoonful of salt and half as much of white pepper. Stir in the fish and, when thoroughly heated, serve.

Put a tablespoonful of butter into a saucepan; when it has melted add two shallots and a small carrot cut into thin slices; toss over the fire until brown, then add half a pint of beef stock. Put in a sprig of basil or thyme, a little parsley, two bay leaves and one clove. Simmer slowly for 20 minutes. When thickened the sauce with a dessertspoonful of flour rubbed to a smooth consistency in a little cold water; let boil five minutes, when strain through a fine sieve. Return to the fire; add four tablespoonfuls of cherry, the juice of a lemon, salt and cayenne to season nicely. Pick all the bones from a can of salmon, divide into neat flakes; put it into the hot sauce, add half a pint of trout (seasoned) and, when the fish is hot, serve.

Salmon loaf with parsley sauce makes an excellent luncheon dish. Free a can of salmon from skin and bones, add

half its weight in fine bread crumbs moistened in hot milk. Chop all fine with an onion and a tablespoonful of parsley, salt and pepper at option. Mix with two raw eggs. Pack into a mold and steam over hot water for two hours. When done, remove from the mold, garnish with parsley and serve hot with parsley sauce. This may be varied in many ways. Mushrooms or truffles may be added, or a few oysters will enrich the loaf. It also can be served cold, cut in neat slices, and garnished with herb butter.

This is a delicious adjunct to cold salmon loaf. Chop fine a half teaspoonful each of chives, tarragon, chervil parsley and lemon thyme. When as fine as it is possible to make

What is the Father's Duty?

Dr. M. L. Hervay of New York, says the Tribune, in an address at Chautauqua, on "The Father's Share in the Education of Children," spoke as follows: "There is voluminous literature written on the duty and responsibility of the mother, but nothing do I remember to have read on the father's share. Does this mean that the father's share is too slight to mention or too well looked after to need any mention?"

"The old-time father was father, teacher, priest, one in all. The modern father is scarcely even father. In that important period of the child's life that comes before school

The Effects of Color Decoration.

The following extract is from a lecture delivered by Mr. F. Scott Mitchell before the Master House Painters' Association of Hartlepool, Eng.

"Any color may be made to serve two or more purposes by its use in different positions: (1) With respect to shape of surface covered—Concave surfaces add a gray shade and subdue the tone of the color; convex surfaces reflect a maximum of light, with the color which they appear lighter and brighter; and flat surfaces give a medium effect. Another color should be always intervened to give full value to this arrangement. (2) With respect to contrast with other color in juxtaposition—A medium tone of color will appear dark by contrast with lighter tints and lighter when opposed to rich, darker colors. It will appear assertive or subdued as it is contrasted with colors more or less subdued than itself.

"Country houses admit of cooler coloring and plainer surfaces, because of the overpresent beauty of Nature's landscape with flowers and foliage, that contrasts to the disadvantage of man's best handiwork, and if ornamental decoration be applied it should be of strictly conventional design on the account. Likewise, all coloring should be in neutral tints and shades, its value thus becoming enhanced by contrast with the incomparably brilliant products of nature all around.

"Shop fronts in large and manufacturing towns should be always painted in light and cheerful tints, in face of the prevailing custom to the contrary. Wherever this course has individually been adopted it has proved that pale colors, if well varnished, last as long as their darker contemporaries, which are often dirt coated to begin with, while the coloring actually mellows with age and looks cleaner through the dirty accumulation of long neglect than the darker color did at the start. It is generally admitted that not only do the displayed goods look their best in contrast with pale tints on shop front, but the appearance of a whole street is improved and thereby the whole town appears to greater advantage where this is already the prevailing custom.

"Entrance halls should appear of medium warmth and be cheerfully inviting in general coloring, as especial contrast to the locality outside. "Drawing-rooms should present a smart contrast to the entrance hall, though still cheerful in treatment, as it is essentially a room for the entertainment of friends. Coloring may be light and airy and such as emphasize the comfort and ease of the ladies, not the drawing-rooms is where they have preference.

Dining-rooms should be rich in coloring and not too dull. They should always be suggestive of richness and bounty, provision of the prime necessities of life, and sufficiently cheerful to have a stimulating effect on any who may approach the dining table with appetites impaired by worry or anxiety.

The New Woman Not So Different.

When Mrs. Rachel Foster Avery, the well-known woman suffragist, was Miss Rachel Foster, she decided to adopt a child. Her sister said that she would sanction the undertaking, so the two young women went to an orphan asylum and, after due deliberation, picked a baby girl and carried it home in triumph. As the sisters were then living together in a big Philadelphia house it was easy to make the baby comfortable, and before the novelty of the thing wore off, Mrs. Rachel Foster married and set up an establishment of her own. The baby went with her, however, and today is just as much one of the family as Mrs. Avery's own children. But before the marriage, when the two spinsters were taking charge of the adopted infant, many a thing happened which might have surprised those less familiar with women in general than with suffragists in particular.

One evening, for instance, shortly after the child's formal adoption, the sisters received a call from one of the few male advocates of woman's suffrage, a prominent New Englander, who, while passing through the Quaker City, stopped over to consult them about some matters relative to a suffrage rally shortly to be held. It added to the piquancy of the situation that the young women had not deemed it necessary to proclaim it from the house tops that one of them had adopted a child. When the astonishment of the prominent New Englander, therefore, when, right in the midst of the most animated and unpurged of conversations, a sudden "Wah-wah-wah" broke upon the air, the sisters stopped talking as if they had been shot. "Wah-wah-wah" came the sound again. But by that time the sisters, forgetful of the unpurged conversation, the prominent New Englander and everything, had dashed for the stairway. "Let me go to her!" cried Miss Rachel Foster. "No! I shall!" cried her sister. "But I'm the one to go," declared Miss Rachel Foster. "But I want to go," insisted the sister. Then, as a third wall came from above, Miss Rachel Foster deliberately blocked the stairway and in an uncertain tone, cried: "I'd just like to know who adopted this child, you or I?" The prominent New Englander said afterward that he really didn't know which to be surprised at most—the child's presence, or the fact that these avowed strong-minded spinsters acted over it. Equal suffragist, or whatever she can be, a woman is always a woman first and an equal suffragist afterward.—Exchange.

English Hospitality. One of the first things that Americans admitted into the family life of English gentry notice is the casual and simple interchange of hospitality, with no sign of "fuss," nor yet of "feathers." Nearly all English women ride the wheel, not so much for the pleasure of riding, as for the convenience. Country houses are far apart, but distances do not seem to count and every pleasant afternoon one is sure to see a party of ladies on their way to call on some friend, or to light tea, consisting of sandwiches and cake, is served each afternoon with the "cup that cheers" on the lawn or in the drawing room of every house, and callers have the privilege of taking as guests they may happen to have staying with them without the formality of waiting for a call or a special invitation. Bicycle skirts are worn much longer there than here, so that the child in no way noticeable when the rider is off her wheel. As every large house has a retinue of servants thoroughly trained, the hostess has not the slightest anxiety lest her guests be neglected. A maid is always at hand to do what she may for the comfort of the guests. Three men serve at a dinner for twelve, and two are at hand to meet guests at the door, one to open it, and the other to make the announcement in the drawing room. Cards are not used unless the hostess is not at home.—Exchange.

Irritable Children.

The best treatment for an irritable child is to let it pretty much alone. When it seeks your attention give it the tenderest manifestations of affection, saying the gentlest and happiest things to it. But never, never give it a bad talk. That often causes irritability in a fine, strong, high-spirited child.

If a child is selfish, let it see every one about it doing something for the special happiness of others. It is amazing how quickly he will respond to the gentlest thought about him; but shams are of little use as factors in the true education. If the child is in a violent fit of temper, do not speak to it or touch it until you are in perfect control of yourself; then draw its attention outside of itself, and while it is deeply interested remove the immediate existing cause of the outburst. Never angrily antagonize the little child. You must have perfect control of both temper and judgment before you can discipline a child. When there is a conflict between the will of the child and the will of the parents, let the grown-up persons look well to their mental state before a course of discipline sets in. Constantly encourage and inspire confidence in your love by good sense and good judgment.

Lemons as Medicine.

Lemon juice sweetened with loaf or crushed sugar will relieve a cough. For feverishness and unnatural thirst soften a lemon by rolling on a hard surface, cut off the top, add sugar and work it down into the lemon with a fork, then suck slowly.

During the warm months a sense of coolness, comfort and invigoration is produced by the free use of lemonade. For six large glasses of lemonade use six large juicy lemons, roll on a hard surface, so that the juice can be easily extracted. Peel and grate a sufficient sugar to sweeten, and stir it well into the juice before adding the water.

Hot lemonade will break up a cold if taken at the start. Make it the same as cold lemonade, only use boiling water instead of cold water, and use about one half as much sugar.

A piece of lemon or stale bread moistened with lemon juice, bound on a corn, will cure it. Renew night and morning. The first application will produce soreness, but if treatment is persisted in for a reasonable length of time a cure will be effected.

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PRINCESS KAIULANI OF HAWAII.

Princess Kaiulani, the niece of ex-Queen Liliuokalani, is reported to be engaged to Captain Strong, son of ex-Mayor Strong, of New York. She named Kaiulani, the daughter of her sister, who had married a Mr. Cloghorne, as her heir to the royal title, since which time Kaiulani has been known as a princess, and until the monarchy was overthrown was looked upon by many as the future queen of the Hawaiian Islands.

She is several shades lighter than her royal aunt, her features are more regular, and in her looks and bearing the Caucasian strain has left a refining trace. The young woman has traveled much and is as popular with Europeans as with the few Americans who have made her acquaintance.

them, add a bit of pungent green—cress, mustard leaves or a few nasturtium pods. Add also a small pickled gherkin, a teaspoonful of chopped capers, a grated onion and the thin rind of a lemon grated. Put into a mortar and pound to a smooth paste, then add the mashed yolks of two hard-boiled eggs, a tablespoonful of lemon juice and a quarter of a pound of butter. Beat to a smooth paste. This may be made into tiny balls and served with the salmon, over which it is spread, or it may be squeezed through a pastry bag, to fall over the slices in thin and pretty curls. The platter containing the slices has a wreath of parsley dotted with the whites of the eggs cut into cubes.

Accept Favors Gracefully.

There are growing many friendships ruined by the unwillingness on one side or the other to accept favors. Two school-girl friends united by many congenial ties are forced apart because the poorer one foolishly thinks that she should make some return for the pretty gifts, the party invitations, the tickets to concerts or matinees which her friend loves to remember her with. She knows that she is unable to make any return, so refuses the gift and by doing so not only deprives her friend of the keenest delight, but herself of many opportunities for pleasure, and the family circle at home of the pretty and appetizing dish. Cat the fish into dice, using a very sharp knife, so the pieces will retain their shape. Reject all bits of skin and bones. Put two large tablespoonfuls of butter in a saucepan, and one tablespoonful of flour, stir until well blended, but do not allow to acquire a bit of color. When it begins to froth, add a pint of rich milk or cream, a saltspoonful of salt, half as much white pepper, a dozen mushrooms cut small, and a tablespoonful of lemon juice. Keep stirring until the mixture boils, then add the fish. So soon as this is thoroughly hot, remove from the fire. Boil and mash some potatoes, add to a pint of potatoes a saltspoonful of salt, a large tablespoonful of butter and a gill of milk. Beat until smooth and add the white, then shape into a border on a round platter, the center hollow. Flute with the round handle of a knife, and touch the top of the "frill"—just a narrow line with the white of an egg, and before it dries scatter with finely chopped parsley. This makes a pretty green rim. Pour the salmon in the center and serve.

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Women and Cycling.

"The great secret of safe, enjoyable and beneficial cycling," said the woman with the scarlet cockade in her gray cycling hat, "is not flying over the country like a carrier pigeon anxious to get back to its cot, but in letting the wheel set the pace. I have found that the pace will vary some times to an astonishing extent if I pursue this method throughout a day's ride. It seems to be a sort of barometer which indicates one's condition, the state of the road, wind, etc. I have found that if one rides too wisely and not too well, the wheel will travel faster toward evening than at any other time. But if I set my own pace the evening invariably finds me doing about a dozen miles an hour with great effort and weariness. Allowing the wheel to set the pace is the secret of never getting tired and of associating cycling with no sensation of fatigue, but with exhilaration."—Exchange.

Dry Cellars.

Good ventilation must be had to keep the air in cellars wholesome and pure. Whitewash should be applied to the walls every spring. Pans of unslaked lime, renewed from time to time, promotes dryness of the atmosphere.

the father must lay a solid foundation of influence with the child. The father who said, "Oh, I leave all the training of the children to their mother," was a fool too over.

"The father who expects his children to own him as such on general principles, because he is their father, the husband of their mother, commits a



YOUNG WIFE (at watering place, writing to her mother)—Dear mother: George isn't at all well, and is in a bad state. Please send me once a pretty gown suitable for such a case and a hat to match.—(Fliegende Blätter.)

psychological blunder. The notion 'father in the child's mind is a growth; it has a beginning, it must have definite materials on which to feed, and these materials are, in the first instance, the things the father does with, to, or for the child.

"The most important, and indeed the essential, part of the child's education, is that which relates to deciding the form of service the child shall render to society. Here the father's share becomes especially differentiated. His share is not like the mother's share, for it is not her business to know the outside world as the father knows it. His part is not to choose for the boy or the girl, but to give them opportunities to choose for themselves; not to decide, but to know his child's character and the world's opportunities so thoroughly that he shall be able to advise.

"The assumption on the part of the father of divine right, with its corollary that the father 'can do no wrong,' seems to me both positively pernicious, and to bar the way to a deeper sym-

bedrooms should give the impression of repose and cleanliness above all else, though not depressingly dull, since when sickness necessitates the occupancy of the room for any length of time, its decorations have much to do with the comfort and even the health of an invalid."

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